

Intervention: Workplace programs

Finding: Insufficient evidence to determine effectiveness

Potential partners to undertake the intervention:

- | | |
|---|--|
| <input checked="" type="checkbox"/> Nonprofits or local coalitions | <input checked="" type="checkbox"/> Businesses or labor |
| <input type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

Most workplace interventions focus on changing diet or blood cholesterol. These programs often include individual screening or counseling for some of the population.

Findings from the systematic reviews:

There is insufficient evidence that workplace programs are an effective means of encouraging healthy food choices.

Practices that lack sufficient research to support effectiveness should not be confused with ineffective programs. Rather, they should be recognized as programs that have the potential to become evidence-based practices—if properly evaluated. Practitioners are encouraged to monitor the impact of these programs in their communities and report on their findings in order to build a base of knowledge sufficient to reach consensus.

Additional information:

An example of a workplace program is the Treatwell nutritional program. The intervention included direct education, environmental programming tailored to work sites, cholesterol screening, and modification of cafeteria meals over 15 months. Dietary patterns were assessed using a semiquantitative food frequency questionnaire. The result was a decrease in mean dietary fat intake of 1.1 percent of total calories; however, mean changes in dietary fiber intake between intervention and control sites did not differ.

References:

Roe L, Hunt P, Bradshaw H, and Rayner M. Health promotion interventions to promote healthy eating in the general population - a review. Imperial Cancer Research Fund, General Practice Research Group and British Heart Foundation Fund Promotion Research Group, Division of Public Health and Primary Health Care, University of Oxford. Health Education Authority, London, U.K., 1997.